

Simple Ashtanga Prenatal Sequence

Sun Salutation A:

inhale hands up
exhale fold forward
inhale look up
exhale step back to Downward Dog
inhale Upward Dog
exhale Downward Dog, then take 5 breaths
Inhale step forward
Exhale bow to the chair
Inhale hands up
Exhale back to standing.
Repeat 5 times

Sun Salutation B

inhale bend knees, hands up
exhale fold forward
inhale look up
exhale step back
inhale Upward Dog
exhale Downward Dog
Inhale step Right foot forward to Warrior
exhale step back to Downward Dog
inhale Upward Dog
exhale Down Dog
Inhale step Left foot forward to Warrior
exhale step back to Downward Dog
inhale Upward Dog
exhale Downward Dog, take 5 breaths
Inhale step forward
Exhale bow to the chair
Inhale knees bent, hands up
Exhale back to standing.
Repeat 3 times

Standing Forward Bend (Uttanasana)

(Hands or elbows rest on chair)

Triangle Pose (Utthita Trikonasana)

Legs are straight, one arm pointing up, the other on the chair.

Right foot forward

Left foot forward

Revolved Triangle

Right foot forward, left hand on chair, twist slightly to look to the right

Left foot forward, right hand on chair, twist slightly to look to the left

Lateral Angle Pose (Utthita Parsvakonasana)

Forward knee bent, arm extends over at an angle

Right foot forward, right knee bent, right hand on chair, left arm extends over

Left foot forward, left knee bent, left hand on chair, right arm extends over

Revolved Lateral Angle

Right foot forward, right knee bent, right hand on hip, left hand on chair, look to right

Left foot forward, left knee bent, left hand on hip, left hand on hip, look to left

Wide Leg Forward bend (Prasarita Padottanasana)

Face the chair, feet wide, fold forward, rest hands or elbows on chair

Sitting Poses (sit on a folded blanket)

Cobbler Pose (Baddha konasana)

Soles of the feet together, knees wide.

Wide Angle Pose (Upavishta konasana)

Same but with legs in wide "V" position

You can also lean back slightly and do a gentle twist to either side

Squatting, elbows press knees apart

Cat-Dog on all fours

Ending relaxation